

GET YOUR SQUASH ON TRACK

★ **FITNESS TRAINING**

MONDAYS & THURSDAYS

★ **SKILL TRAINING**

TUESDAYS & WEDNESDAYS



17:00 - 18:00 - 1ST SESSION

18:00 - 19:00 - 2ND SESSION

★ *STARTING FROM 01 MARCH 2025* ★

BOOK YOUR SPOT NOW
(BOOKINGS ARE ESSENTIAL)

GEORGE: 078 922 4234

JANINE: 082 749 7350

WWW.GREENTURFSports.CO.ZA

**MAX 20 PEOPLE PER
SESSION**

MONTHLY COST

2 X SKILL PW TRAINING - R650.00 (8 SESSIONS PM)

2 X FITNESS PW TRAINING - R650.00 (8 SESSIONS PM)

1 X SKILL PW TRAINING - R400.00 (4 SESSIONS PM)

1 X FITNESS PW TRAINING - R400.00 (4 SESSIONS PM)

1 X SKILL PW & 1 X FITNESS PW TRAINING - R650 (8 SESSIONS PM)

2 X SKILL PW & 1 X FITNESS PW TRAINING - R850 (12 SESSIONS PM)

1 X SKILL PW & 2 X FITNESS PW TRAINING - R850 (12 SESSIONS PM)

2 X SKILL PW & 2 X FITNESS PW TRAINING - R1000 (16 SESSIONS PM)